

**ANDHRA CHRISTIAN COLLEGE::GUNTUR**

**(Day, Evening & P.G.)**

**NOTICE**

Date: 07-02-2023

All the students of M.A. English are hereby informed to submit their names for the Certificate Course on "EMOTIONAL INTELLIGENCE" for the academic year 2023-24 to the H.O.D, Department of English on or before 14-02-2023. The Course will commence from 21-02-2023. The duration of the Course is 30days.

*K.E. Jeevan Jyothi*

**K.E. JEEVAN JYOTHI**  
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ANDHRA CHRISTIAN COLLEGE  
GUNTUR.

Dept. of English (P.G)

*[Signature]*  
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**ANDHRA CHRISTIAN COLLEGE**  
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GUNTUR

**PRINCIPAL**

Copy to:

1. The Co-ordinator IQAC, Andhra Christian College.
2. The Office Manager, Andhra Christian College

## COURSE SYLLABUS

- Unit – I - Fundamentals of Emotional Intelligence
- Unit – II - Personal competence
- Unit – III - Social competence
- Unit – IV - Emotional Intelligence : Measurement and development

*K.R. Neevan Jyothi*

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**COURSE SCHEUDLE**

2022-2023

**EMOTIONAL INTELLIGENCE**

**Total Hours : 30 Hrs**

Sl. No.	TOPIC	Hours
1	Introduction to emotional intelligence & wisdom	6 hrs
2	Concept, theory, measurement and application of intelligence	6 hrs
3	Correlates of emotional intelligence	6 hrs
4	Emotional intelligence, culture, schooling and happiness	6 hrs
5	For enhancing emotional intelligence EQ mapping	6 hrs

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**ANDHRA CHRISTIAN COLLEGE, GUNTUR, ANDHRA PRADESH**

**P.G. Department of English**

**Certificate Course on**

**EMOTIONAL INTELLIGENCE**

**Aims and Objectives & Emotional Intelligence.**

Emotional intelligence helps you build stronger relationships, succeed at school and work, and achieve your career and personal goals. It can also help you to connect with your feelings, turn intention into action, and make informed decisions about what matters most to you.

**Aim :-**

However the scale may be useful for individuals who wish to understand their own personal characteristics, so they can better set goals and work to and these goals. Experience problems in areas related to emotional intelligence. Such as difficulties in impulse control.

**Objectives of Course :-**

Developed self awareness and self management of personal emotions. Explored ways to advance personal emotions intelligence. Recognised emotions in other, responding to those emotions in order to inspire high performance. Understood the consequences of behaviours and weigh decisions before action.

### **Objective of the Emotional Quotient :-**

Emotional intelligence (also known as emotional quotient or EQ) is the ability to understand, use and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.

### **Goals of emotional intelligence :-**

Professional improvement goals are the targeted objectives individuals set to enhance their skills, knowledge, or career standing within their professional sphere. These goals serve as clear benchmarks, outlining specific achievements or milestones one aims to accomplish in their career journey.

### **6 Powerful Objectives of Emotional Intelligence :-**

1. To define emotions and Emotional intelligence.
2. To distinguish emotional intelligence from other forms of intelligence.
3. To list the criticality of emotional intelligence in work, life and relationships.
4. To raise personal awareness
5. To positively reframe our perspective of people and situations, in or due to operate and adapt more positively.
6. To recover from negative experiences people and situation quicker.
7. To increase awareness of other and social situation.
8. To enhance working and personal relationships with other.
9. To build a mental mechanism of success in work, life and relationships for the future.

**ANDHRA CHRISTIAN COLLEGE, GUNTUR, ANDHRA PRADESH**  
**P.G. Department of English**  
**Certificate Course on**  
**“Teaching English as a Second/Foreign Language in India”**  
**Students Participated**

S.No	Student Name	Present
1	Gayathri .G	✓
2	Daniel Harsha.G	✓
3	Hepsi Rani.K	✓
4	Pallavi.P	✓
5	Grace Shanthi Ann	✓
6	Chanukya Sai Krishna.P	✓
7	Bhavani Nikethan.N	✓
8	Uma Maheshwari.N	✓
9	Bhanu Teja.B	✓
10	Maruthi Raj Kamal.S	✓
11	Anil.R	✓
12	Srilatha.T	✓
13	Rama Devi.T	✓
14	Sharmila Tagore.S	✓
15	Jaya Deep Prakash.N	✓
16	Ramya.D	✓
17	Anitha.T	✓

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H.O.D.  
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2022-2023

Feb

March

Roll NO	Student Name	21	22	23	24	25	26	27	28	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27							
1	Anil.R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X						
2	Srilatha.T	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					
3	Rama Devi.T	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					
4	Shamila Tagdes	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X				
5	Ramya.D	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X				
6	Anitha.T	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X				
7	Pushpalatha.P	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X			
8	Indira.D	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X			
9	Deepa.T	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X			
10	Srikanth.H	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X		
11	Govind Rajulu.	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X		
12	Sireesha.D	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X		
13	Hanjula.T	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
14	Praveena.P	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
15	Sowmya.G.	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

Staff In Charge : Y. Salome Mary

Kee X.E. JEEVANJYOTHI  
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Principal

**ANDHRA CHRISTIAN COLLEGE, GUNTUR, ANDHRA PRADESH**

**EMOTIONAL INTELLIGENCE**

**Certificate Course Examination**

**2022-2023**

**Time : 2 hrs**

**Max. Marks : 50m**

**Section – A (2x5=10)**

1. What is Emotional Intelligence ?
2. What are some emotional intelligence interview questions ?

**Section – B (4x10=40)**

1. What are the 5 main areas of emotional intelligence ?
2. How do you celebrate success ?
3. What is your inspiration and motivation ?
4. What make you angry ? How do you manage your emotion ?

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